

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1 (currently amended): A method for improving muscle protein synthesis comprising the steps of administering a therapeutically effective amount of a composition comprising: a protein source which provides at least 8% of the total calories of the composition and which includes at least 50% by weight, of the protein including at least partially hydrolyzed whey protein source, whey protein, a lipid source having an omega ~~3-6~~ to ~~6-3~~ fatty acid ratio of approximately 5:1 to about 10:1 and which provides at least 18% of the total calories of the composition, the lipid source comprises at least 40% by weight of monosaturated fatty acids a carbohydrate source, and a micronutrient profile comprising at least vitamin E and vitamin C.

Claim 2 (original): The method of Claim 1 wherein the whey protein includes a partially hydrolyzed whey protein.

Claim 3 (original): The method of Claim 1 wherein the whey protein includes a whey protein hydrolysate that comprises at least 50% of the protein source in the composition.

Claim 4 (original): The method of Claim 1 wherein at least 50% by weight of the whey protein is hydrolyzed.

Claim 5 (original): The method of Claim 1 wherein the composition includes caseino glycomacropeptide.

Claim 6 (original): The method of Claim 1 wherein the protein source provides up to about 20% of the total energy of the composition.

Claim 7 (original): The method of Claim 1 wherein the lipid source comprises about 40% to about 65% by weight of monounsaturated fatty acids and about 15% to about 30% by weight of polyunsaturated fatty acids.

Claim 8 (original): The method of Claim 1 wherein the saturated fatty acid content is less than 30% by weight.

Claim 9 (original): The method of Claim 1 wherein the lipid source provides approximately 25% to about 35% of total energy of the composition.

Claim 10 (original): The method of Claim 1 wherein the carbohydrate source comprises sucrose, corn syrup, maltodextrin or a combination thereof.

Claim 11 (original): The method of Claim 1 wherein the carbohydrate source provides approximately 50% to about 60% of total energy of the composition.

Claim 12 (original): The method of Claim 1 wherein the micronutrient composition includes one or more micronutrients selected from the group consisting of: Vitamin E, Vitamin C, taurine, folic acid and vitamin B-12.

Claim 13 (original): The method of Claim 1 which comprises at least one prebiotic fiber selected from the group consisting of: inulin; acacia gum; resistant starch; dextran; xylo-oligosaccharide ; fructooligosaccharide (FOS); and combinations thereof.

Claim 14 (original): The method of Claim 1 including at least one probiotic micro-organism.

Claim 15 (currently amended): A method for preventing muscle loss in an individual at risk of same comprising the steps of administering a therapeutically effective amount of a composition comprising: a protein source which provides at least 8% of the total

calories of the composition and which includes at least 50% by weight, of the protein source including whey protein, a lipid source having an omega ~~3-6~~ to ~~6-3~~ fatty acid ratio of approximately 5:1 to about 10:1 and which provides at least 18% of the total calories of the composition, a carbohydrate source, and a micronutrient profile comprising at least vitamin E and vitamin C to an individual at risk of muscle loss.

Claim 16 (original): The method of Claim 15 wherein the whey protein includes a partially hydrolyzed whey protein.

Claim 17 (original): The method of Claim 15 wherein the whey protein includes a whey protein hydrolysate that comprises at least 50% of the protein source in the composition.

Claim 18 (original): The method of Claim 15 wherein at least 50% by weight of the whey protein is hydrolyzed.

Claim 19 (original): The method of Claim 15 wherein the protein source provides up to about 20% of the total energy of the composition.

Claim 20 (original): The method of Claim 15 wherein the lipid source comprises about 40% to about 65% by weight of monounsaturated fatty acids and about 15% to about 30% by weight of polyunsaturated fatty acids.

Claim 21 (original): The method of Claim 15 wherein the saturated fatty acid content is less than about 30% by weight.

Claim 22 (original): The method of Claim 15 wherein the lipid source provides approximately 25% to about 35% of total energy of the composition.

Claim 23 (original): The method of Claim 15 wherein the micronutrient composition includes one or more micronutrients selected from the group consisting of: Vitamin E; Vitamin C; taurine; folic acid; and vitamin B-12.

Claim 24 (original): The method of Claim 15 which comprises at least one prebiotic fiber selected from the group consisting of: inulin; acacia gum; resistant starch; dextran; xylo-oligosaccharide; fructooligosaccharide; and combinations thereof.

Claim 25 (original): The method of Claim 15 including at least one probiotic micro-organism.

Claim 26 (currently amended): A method for accelerating muscle mass recovery comprising the steps of administering a therapeutically effective amount of a composition to an individual requiring accelerated muscle mass recovery comprising: a protein source which provides at least 8% of the total calories of the composition and which includes at least 50% by weight, of the protein source including whey protein, a lipid source having an omega ~~3-6~~ to ~~6-3~~ fatty acid ratio of approximately 5:1 to about 10:1 and which provides at least about 18% of the total calories of the composition, a carbohydrate source; and a micronutrient profile comprising at least vitamin E and vitamin C.

Claim 27 (original): The method of Claim 26 wherein the whey protein includes a partially hydrolyzed whey protein.

Claim 28 (original): The method of Claim 26 wherein the whey protein includes a whey protein hydrolysate that comprises at least 50% of the protein source in the composition.

Claim 29 (original): The method of Claim 26 wherein at least 50% by weight of the whey protein is hydrolyzed.

Claim 30 (original): The method of Claim 26 wherein the protein source provides up to about 20% of the total energy of the composition.

Claim 31 (original): The method of Claim 26 wherein the lipid source comprises about 40% to about 65% by weight of monounsaturated fatty acids and approximately 15% to about 30% by weight of polyunsaturated fatty acids.

Claim 32 (original): The method of Claim 26 wherein the saturated fatty acid content is less than about 30% by weight.

Claim 33 (original): The method of Claim 26 wherein the lipid source provides approximately 25% to about 35% of total energy of the composition.

Claim 34 (original): The method of Claim 26 wherein the micronutrient composition includes one or more micronutrients selected from the group consisting of: Vitamin E; Vitamin C; taurine; folic acid; and vitamin B-12.

Claim 35 (original): The method of Claim 26 which comprises at least one prebiotic fiber selected from the group consisting of: inulin; acacia gum; resistant starch; dextran; xylo-oligosaccharide; fructooligosaccharide; and combinations thereof.

Claim 36 (original): The method of Claim 26 including at least one probiotic micro-organism.